



SENIOR WELLNESS

BARBARA B. JORDAN YMCA

October 2019

2039 E. Morgan St. Martinsville, IN 46151 765-342-6688 www.bbzymca.org

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Upcoming Events:

Y at the Park

Enjoy a change of scenery with FREE events at Jimmy Nash City Park: **OCTOBER 4th** Noon Ener Chi, **11th** Noon Ener Chi, **16th** Noon Ener Chi, **18th** 6pm Monster Mash -Kids wear costumes; crafts & activities, **23rd** Noon Ener Chi, **31st** 8:30am Relax & Roll

BBJYMCA 5K

Run/Walk Series
Last Wed, located at a different park monthly
October 30th 6pm at Burkhart Creek Park.

Thank you to sponsors:
IU Health Morgan, Morgan County Business Leader, Healthier Morgan County Initiative

Customer

Appreciation Night Fall Foliage Festival

Come see us Thursday, October 10th 6-8 pm, Downtown Martinsville!
We appreciate you!

Local Resources

Morgan County Council on the Aging Dementia Caregiver Support Group
1st Tuesday, Monthly, 6:30pm @ CICOA
110 N Main St, Martinsville
Facilitated by the Alzheimer's Association
FREE Financial Coaching and information. Individual appointments can be made by calling Karen at 765-342-6688

If you have any questions or concerns, please contact: Anita Breen, Wellness Coordinator (765)342-6688

Tea Time Tuesdays

Join us Tuesdays from 11:35 am – 12:15 pm
Conversation, games, tea and coffee.

FALL BREAK SCHEDULE CHANGES

For the week of October 14th-18th

Pickleball hours: Mon, Tues, Thurs, Fri 11am-2pm and Sat 9am-1pm.

Senior Group Fitness Classes cancelled on MONDAY and FRIDAY

Pickleball Schedule



Mon, Tues, Thurs, Fri and Saturday 9am-1pm

"If it doesn't challenge you, it doesn't change you."

- Fred Devito

Senior Group Fitness Class Schedule

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
BOOM-Move It, Muscle & Mind 10:30 AM Silver Sneakers Ener Chi 11:00 AM	Silver Sneakers Stability 10:30 AM Silver Sneakers Classic 1:00 PM	BOOM-Move It, Muscle & Mind 10:30 AM Functional Fitness w/the Y 1:00 PM @ Grand Valley SLC	Silver Sneakers Stability 10:30 AM Silver Sneakers Classic 1:00 PM	BOOM-Move It, Muscle & Mind 10:30 AM



*All classes meet in the fitness room unless otherwise indicated

**Please bring water to each class and dress comfortably

***Individual assistance available after each class or by appointment

SilverSneakers Stability Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. Agility drills and timed exercises will help to improve balance and reactionary movements over time.

SilverSneakers BOOM Move It, Muscle and Mind Move It-A dance workout class that improves cardio endurance and burns calories starting with simple dance moves then building into more complex sequences. **Muscle**-Muscle incorporates athletic based moves that improve upper body conditioning. Muscle conditioning blocks at all different levels are used to offer many different levels and varieties to choose from. The focus of this class is on toning muscles and building overall body strength. **Mind**-Mind is a unique class as it takes the best from Yoga and Pilates and combines it into one fusion class. Designed to relax the body and mind with peaceful music and rhythmic body movements. The focus of this class is on core, lower body strength and balance.

SilverSneakers Classic Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

SilverSneakers Ener Chi Increase strength and vitality through the rhythmic movements and focused breaking of tai chi forms and principles

Aquatic Classes The Y offers several water exercise classes. Aquatic exercise is very beneficial to seniors desiring increased joint flexibility and cardiovascular endurance. See AQUATIC FITNESS CLASSES in our program brochure for details.

Functional Fitness with the Y Warm up with a series of gentle range of motion, strengthen using resistance and body weight exercises and end with a calming stretch and breathing session at Grand Valley Senior Living Community.